NWS CRS 06-2003 October 17, 2008

Department of Commerce \$ National Oceanic & Atmospheric Administration \$ National Weather Service

NATIONAL WEATHER SERVICE CENTRAL REGION SUPPLEMENT 06-2003 APPLICABLE TO NWSI 10-515 October 17, 2008

> Operations and Services Public Weather Services NWSPD 10-5 WFO Non-Precipitation Weather Products Specification NWSI 10-515

Central Region Non-Precipitation Weather Products Specification

NOTICE: This publication is available at: <u>http://www.nws.noaa.gov/directives/</u>.

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SUMMARY OF REVISIONS: This instruction supersedes NWS Central Region Supplement 06-2003 applicable to NWSI 10-515 dated October 3, 2005.

Section 2.1 – Clarified Central Region policy for the use of the HWO versus event-specific SPS statements

Section 4.3.A – Amended Excessive Heat Warning criteria to regionally adopted criteria.

Section 4.3.C – Amended High Wind Warning criteria for mountainous areas of Colorado, Wyoming and eastern Utah to correct gust criterion.

Section 5.3.A – Amended Heat Advisory Criteria to regionally adopted criteria.

Section 5.3.B – Added Frost Advisory regional criteria

Section 5.3.C – Added Wind Advisory criteria for Central Region offices

Updated Appendix A examples with current information in accordance with <u>NWSI 10-515</u>

Added the Heat Index chart as Appendix B

/signed/ October 3, 2008 Lynn P. Maximuk Date Regional Director

WFO Non-Precipitation Weather Products Specification

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1. <u>Introduction</u>. This supplement describes regionally defined variations to <u>NWSI 10-515</u>.

2. <u>Non-Precipitation Outlook (product category HWO)</u>.

2.1 <u>Issuance Guidelines</u>. In Central Region, the Hazardous Weather Outlook (product category HWO) is the product used to convey non-precipitation event potential.

2.2 <u>Issuance Criteria</u>. Hazardous Weather Outlooks are described in the Central Region Supplement with <u>NWSI 10-517</u> (Multi-Purpose Weather Products Specification).

3. <u>Non-Precipitation Watches (product category NPW).</u>

3.1. <u>Issuance Guidelines.</u> WFOs should issue a Non-Precipitation Watch when conditions are favorable (e.g., 50 % or greater chance) for a hazardous non-precipitation weather event to develop over part or all of the forecast area, but the occurrence is uncertain. If the forecaster is highly confident that the event will occur (e.g., greater than 80% confident), the forecaster should issue a warning as described in 5.2.2 of <u>NWSI 10-515</u>.

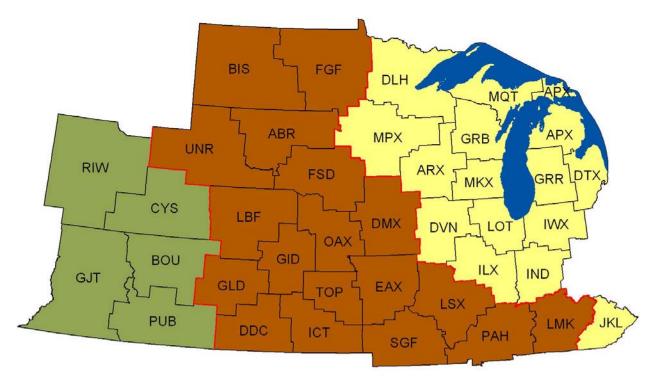
4. <u>Non-Precipitation Weather Warnings (product category NPW)</u>.

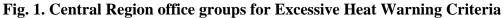
4.1 <u>Issuance Guidelines.</u> See <u>NWSI 10-515</u>

4.2 <u>Issuance Criteria.</u> In Central Region, supplemental advisory and warning criteria applicable to issuing non-precipitation weather warnings are defined as follows (i.e., 6.2.2.1 of <u>NWSI 10-515</u>).

4.3 <u>Non-Precipitation Warning Criteria.</u>

A. Excessive Heat Warning – an Excessive Heat Warning (NPW) should be issued, if these conditions are observed or anticipated, and are expected to persist for at least a 48-hour period:





Central Region Excessive Heat Warning criteria:

- 1 Eastern (yellow shaded area)
 - Max Heat Index (HI) around 105 &
 - Min HI around 75 or higher
- 2 Central (brown shaded area)
 - Max HI around 110 &
 - Min HI around 75 or higher
- 3 Western (green shaded area)*
 - High Plains/Front Range/Valleys
 - Max HI around 105 &
 - Min HI around 75 or higher
 - Mountains
 - Max HI around 100 &
 - Min HI around 75 or higher

* WFO Grand Junction does not issue Excessive Heat Warnings for their four Utah counties.

If Advisory criteria are expected for 4 or more consecutive days, WFOs should issue an Excessive Heat Warning.

The use of the word "around" conveys a range of +/- two degrees on either side of the base criteria to give WFO forecasters flexibility especially during marginal events. Base criteria may also be adjusted, typically in urban areas, to match agreements with health

care partners. Adjustments to base criteria should not be made for cities with less than 200,000 people.

- B. Freeze Warning The freeze/frost season is defined by the WFO Meteorologist in Charge or designee, based on input from partners in the agricultural and horticultural fields such as state extension services and/or state climatologists involved with agriculture. This determination should be made each season since the dates of potential frost/freeze impacts vary from year to year depending on antecedent conditions.
- C. High Wind Warning A High Wind Warning should be issued when the following conditions are observed or anticipated:
 - 1. For all areas of Central Region except for the mountain areas of Colorado, Wyoming and eastern Utah:
 - Sustained wind speeds of 40 mph or greater lasting for 1 hour or longer, or winds of 58 mph or greater for any duration.
 - 2. For mountain areas in Colorado, eastern Utah and Wyoming serviced by WFO Cheyenne, WFO Grand Junction, WFO Riverton, WFO Pueblo and WFO Boulder:
 - Sustained winds of 50 mph or greater lasting 1 hour or longer, or
 - Winds of 75 mph or greater for any duration.
- 5. <u>Non-Precipitation Weather Advisories (product category NPW).</u>
- 5.1 <u>Issuance Guidelines.</u> See <u>NWSI 10-515</u>

5.2 <u>Issuance Criteria.</u> In Central Region, supplemental advisory criteria applicable to issuing non-precipitation weather advisories are defined as follows (i.e., 7.2.2.1 of <u>NWSI 10-515</u>).

- 5.3 <u>Non-Precipitation Weather Advisory Products</u>.
 - A. Heat Advisory a Heat Advisory should be issued when the following conditions are observed or anticipated:

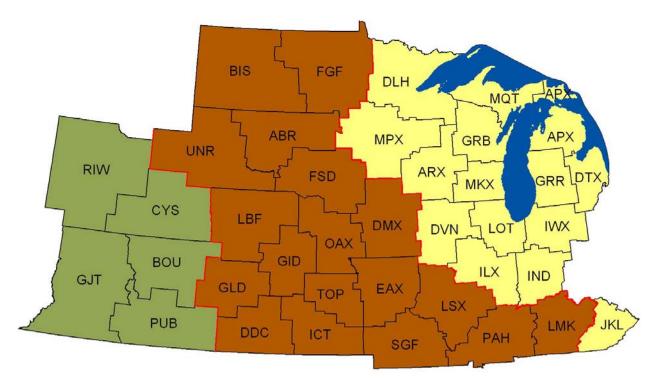


Fig. 2. Central Region office groups for Heat Advisory Criteria

Central Region Heat Advisory criteria:

- 1 Eastern (yellow shaded area)
 - Max HI around 100 or higher
- 2 Central (brown shaded area)
 - Max HI around 105 or higher
- 3 Western (green shaded area)*
 - Plains/Front Range/Valleys
 - Max HI around 100 or higher & Min HI around 75 or higher
 - Mountains
 - Max HI around 95 or higher & Min HI around 75 or higher

* WFO Grand Junction will issue a Heat Advisory for their four Utah counties when the Max HI is ≥ 105 and the overnight temperature is ≥ 80

If Advisory criteria are expected for 4 consecutive days or more, WFOs should issue an Excessive Heat Warning.

Longer durations of heat conditions just under advisory criteria can also pose a risk to the public. WFOs should collaborate with their neighbors and consider issuing a heat advisory to cover these conditions if they are expected to last for 4 consecutive days or more. These conditions are:

- 1 Eastern (yellow shaded area)
 - Max HI 95 to 100 for 4 or more consecutive days
- 2 Central (brown shaded area)
 - Max HI 100 to 105 degrees for 4 or more consecutive days
- 3 Western (green shaded area)*
 - Plains/Front Range/Valleys
 - Max HI 95 to 100 or higher & Min HI around 75 or higher for 4 or more consecutive days
 - Mountains
 - Max HI 90 to 95 or higher & Min HI around 75 or higher for 4 or more consecutive days

The use of the word "around" conveys a range of +/- two degrees on either side of the base criteria to give WFO forecasters flexibility especially during marginal events. Base criteria may also be adjusted, typically in urban areas, to match agreements with health care partners. Adjustments to base criteria should not be made for cities with less than 200,000 people.

- B. Frost Advisory The freeze/frost season is defined by the WFO Meteorologist in Charge or designee, based on input from partners in the agricultural and horticultural fields such as state extension services and/or state climatologists involved with agriculture. This determination should be made each season since the dates of potential frost/freeze impacts vary from year to year depending on antecedent conditions.
- C. Wind Advisory a Wind Advisory should be issued when the following conditions are observed or anticipated:
 - 1. For all areas of Central Region outside the locations noted in 5.3.C.2 and 5.3.C.3:
 - Sustained wind speeds of 30 to 39 mph lasting for 1 hour or longer, or winds of 45 mph to 57 mph for any duration.
 - 2. For mountain areas in western Colorado and eastern Utah serviced by WFO Grand Junction:
 - Sustained winds of 40 to 49 mph lasting for 1 hour or longer, or winds of 58 to 74 mph for any duration.
 - 3. For areas of Colorado other than the plains of northeast Colorado serviced by WFO Goodland and the valley areas of western Colorado serviced by WFO Grand Junction; all of Wyoming and the Black Hills of South Dakota:
 - Wind advisories are not issued for these areas.

D. Lake Wind Advisory - Lake Wind Advisory threshold criteria may be lowered to 20 mph over water, as designated by the MIC and approved by the Chief, Integrated Services, W/CR1.

APPENDIX A - EXAMPLES

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1. <u>Introduction</u>. The following are examples of a non-precipitation watch, warning, and advisory.

2. <u>Example 1 - Non-Precipitation Watch – INITIAL WATCH ISSUANCE.</u>

WWUS75 KGJT 102133 NPWGJT

URGENT - WEATHER MESSAGE NATIONAL WEATHER SERVICE GRAND JUNCTION CO 232 PM MST SAT MAY 10 2008

...STRONG WINDS TO AFFECT EASTERN UTAH AND WESTERN COLORADO WEDNESDAY AFTERNOON AND WEDNESDAY NIGHT...

.A POWERFUL EARLY SPRING STORM WILL DIG INTO THE PACIFIC COAST TONIGHT AND INTO THE GREAT BASIN ON WEDNESDAY. BREEZY CONDITIONS WILL PERSIST TONIGHT...WITH WINDS INTENSIFYING WEDNESDAY AFTERNOON ACROSS THE HIGH VALLEYS AND MOUNTAINS OF EASTERN UTAH AND NORTHWEST COLORADO...AS THE STORM APPROACHES THE REGION. ISOLATED THUNDERSTORMS IN THE AFTERNOON COULD POTENTIALLY ENHANCE WIND GUSTS.

COZ003-004-009-013-017-UTZ023-025-028-110400-/O.NEW.KGJT.HW.A.0011.080511T1200Z-080513T0000Z/ EASTERN UINTA MOUNTAINS UT-ELKHEAD AND PARK MOUNTAINS CO-FLATTOPS CO-GRAND AND BATTLEMENT MESAS CO-LA SAL AND ABAJO MOUNTAINS UT-ROAN AND TAVAPUTS PLATEAUS CO-TAVAPUTS PLATEAU UT-UNCOMPAHGRE PLATEAU/DALLAS DIVIDE CO-INCLUDING THE CITIES OF...MONTICELLO 232 PM MST SAT MAY 10 2008

... HIGH WIND WATCH IN EFFECT FROM SUNDAY MORNING TO SUNDAY EVENING...

THE NATIONAL WEATHER SERVICE IN GRAND JUNCTION HAS ISSUED A HIGH WIND WATCH. SOUTHWEST WINDS WILL INCREASE THROUGH THE DAY. BY THE AFTERNOON WIND SPEEDS WILL AVERAGE 35 TO 55 MPH WITH GUSTS TO 75 MPH POSSIBLE OVER EXPOSED RIDGES AND PASSES. IN ADDITION...ISOLATED AFTERNOON THUNDERSTORMS COULD PRODUCE EVEN STRONGER GUSTS.

REMEMBER...A HIGH WIND WATCH MEANS CONDITIONS ARE FAVORABLE FOR A HIGH WIND EVENT IN AND CLOSE TO THE WATCH AREA.

\$\$

COZ001-002-007-008-110400-/O.NEW.KGJT.HW.A.0012.080511T1800Z-080512T0900Z/ CENTRAL COLORADO RIVER BASIN CO-CENTRAL YAMPA RIVER BASIN CO-DEBEQUE TO SILT CORRIDOR CO-LOWER YAMPA RIVER BASIN CO-INCLUDING THE CITIES OF...GLENWOOD SPRINGS AND CRAIG 232 PM MST SAT MAY 10 2008

... HIGH WIND WATCH FROM SUNDAY AFTERNOON TO LATE SUNDAY NIGHT...

SOUTHWEST WINDS WILL INCREASE THROUGH THE DAY. BY THE AFTERNOON WIND SPEEDS WILL AVERAGE 25 TO 45 MPH WITH GUSTS TO 60 MPH POSSIBLE. IN ADDITION...ISOLATED AFTERNOON THUNDERSTORMS COULD PRODUCE STRONGER GUSTS.

REMEMBER...A HIGH WIND WATCH MEANS CONDITIONS ARE FAVORABLE FOR A HIGH WIND EVENT IN AND CLOSE TO THE WATCH AREA. MOTORISTS PLANNING TO TRAVEL WEDNESDAY ACROSS EASTERN UTAH AND THE HIGH COUNTRY OF WESTERN COLORADO SHOULD BE PREPARED FOR STRONG WINDS. BE ESPECIALLY CAUTIOUS IN HIGH-PROFILE VEHICLES OVER MOUNTAIN PASSES AND NARROW CANYONS.

3. <u>Example 2 - Non Precipitation Freeze Warning</u>. – INITIAL ISSUANCE

WWUS73 KEAX 120745 NPWEAX

URGENT - WEATHER MESSAGE NATIONAL WEATHER SERVICE KANSAS CITY/PLEASANT HILL MO 245 AM CDT SAT APR 12 2008

KSZ025-057-060-102>105-MOZ001>008-011>017-020>025-028>033-037>040-043>046-053-054-121300-/O.NEW.KEAX.FZ.W.0002.080412T0745Z-080412T1300Z/ ADAIR-ANDREW-ATCHISON-BATES-BUCHANAN-CALDWELL-CARROLL-CASS-CHARITON-CLAY-CLINTON-COOPER-DAVIESS-DE KALB-DONIPHAN-GENTRY-GRUNDY-HARRISON-HENRY-HOLT-HOWARD-JACKSON-JOHNSON-LAFAYETTE-LEAVENWORTH-LINN-LIVINGSTON-MACON-MERCER-MIAMI-NODAWAY-PETTIS-PLATTE-PUTNAM-RANDOLPH-RAY-SALINE-SCHUYLER-SULLIVAN-WORTH-WYANDOTTE-INCLUDING THE CITIES OF...ATCHISON...BETHANY...BOONVILLE...BUTLER... CHILLICOTHE...CLINTON...HARRISONVILLE...KANSAS CITY...KIRKSVILLE... MARSHALL..MARYVILLE..MOBERLY...OLATHE...PAOLA...ROCKPORT... SEDALIA...ST JOSEPH...TRENTON AND WARRENSBURG. 245 AM CDT SAT APR 12 2008

...FREEZE WARNING IN EFFECT UNTIL 8 AM CDT SATURDAY MORNING...

THE NATIONAL WEATHER SERVICE IN PLEASANT HILL HAS ISSUED A FREEZE WARNING.

CLEARING SKIES AND LIGHT WINDS OVERNIGHT ALLOWED TEMPERATURES TO FALL BELOW THE FREEZING MARK AROUND MIDNIGHT AND THESE COLD TEMPERATURES WILL PERSIST THROUGH SUNRISE THIS MORNING. MANY LOCATIONS WILL EXPERIENCE A PERIOD OF SEVERAL HOURS WITH TEMPERATURES BELOW 28 DEGREES...RESULTING IN A KILLING FREEZE.

REMEMBER...A FREEZE WARNING MEANS HAZARDOUS WEATHER CONDITIONS ARE IMMINENT OR HIGHLY LIKELY.

A FREEZE WARNING IS ISSUED WHEN TEMPERATURES ARE EXPECTED TO BE AT OR BELOW 32 DEGREES DURING THE GROWING SEASON. TYPICALLY, TEMPERATURES OCCURRING AT OR BELOW 28 DEGREES FOR SEVERAL HOURS ARE NEEDED TO FREEZE WATER IN MOST PLANTS.

NOW IS THE TIME TO TAKE PRECAUTIONS TO PROTECT PLANTS THAT ARE SUSCEPTIBLE TO FREEZING TEMPERATURES. BRING THEM INDOORS IF POSSIBLE...OR COVER THEM WITH A TARP TO PROTECT THEM FROM THE COLD TEMPERATURES.

4. Example 3 - Non Precipitation Heat Warning. - CONTINUATION

WWUS45 KSTL 092030 NPWLSX

URGENT - WEATHER MESSAGE NATIONAL WEATHER SERVICE ST LOUIS MO 330 PM CDT WED JUL 9 2008

.A HOT AND HUMID AIRMASS WILL REMAIN OVER THE REGION THROUGH THURSDAY.

ILZ098>102-MOZ052-060>065-100900-/O.CON.KLSX.EH.W.0007.00000T0000Z-080710T2300Z/ CALHOUN IL-FRANKLIN MO-JEFFERSON MO-JERSEY IL-LINCOLN MO-MADISON IL-MONROE IL-ST. CHARLES MO-ST. CLAIR IL-ST. LOUIS MO-ST. LOUIS CITY MO-WARREN MO-INCLUDING THE CITIES OF...BELLEVILLE...EDWARDSVILLE...ST. CHARLES... ST. LOUIS AND UNION 330 PM CDT WED JUL 9 2008

... EXCESSIVE HEAT WARNING REMAINS IN EFFECT UNTIL 6 PM CDT THURSDAY...

HOT AND HUMID CONDITIONS ARE EXPECTED THROUGH THURSDAY. DURING THURSDAY AFTERNOON...EXPECT HEAT INDICES AROUND 105 FOR SEVERAL HOURS. ACTUAL AIR TEMPERATURES WILL BE IN THE MID 90S. NOT MUCH RELIEF IS EXPECTED DURING THE NIGHTTIME EITHER. OVERNIGHT LOWS WILL ONLY DROP INTO THE MID TO UPPER 70S.

REMEMBER...AN EXCESSIVE HEAT WARNING MEANS HAZARDOUS WEATHER CONDITIONS ARE IMMINENT OR HIGHLY LIKELY.

THE DURATION OF THE HEAT IS WHAT IS PARTICULARLY DANGEROUS TO HEAT SENSITIVE GROUPS...MAINLY THE ELDERLY...THE VERY YOUNG AND THE CHRONICALLY ILL. MEMBERS OF THESE GROUPS SHOULD STAY IN AIR CONDITIONING. MAKE SURE TO CHECK ON FAMILY AND NEIGHBORS OFTEN DURING THE VERY WARM AND HUMID WEATHER.

TAKE EXTRA CAUTION IF YOU PLAN ON BEING OUTDOORS...ESPECIALLY DURING THE AFTERNOON AND EARLY EVENING HOURS. MAKE SURE TO DRINK PLENTY OF NON-ALCOHOLIC LIQUIDS AND WEAR LOOSE FITTING... LIGHT COLORED CLOTHING. WEAR A HAT AND SUNBLOCK TO PREVENT SUNBURN. IF POSSIBLE...SPEND MORE TIME IN AIR CONDITIONED OR WELL VENTILATED PLACES.

5. <u>Example 4 - Non Precipitation Wind Advisory - INITIAL ADVISORY (ISSUED</u> <u>PRIOR TO EVENT BEGINNING TIME)</u>.

WWUS73 KDLH 171915 NPWDLH

URGENT - WEATHER MESSAGE NATIONAL WEATHER SERVICE DULUTH MN 1113 AM CDT SAT MAY 17 2008

MNZ037-WIZ001-172200-/O.NEW.KDLH.WI.Y.0005.080517T1800Z-080517T2200Z/ CARLTON/SOUTH ST. LOUIS MN-DOUGLAS WI-INCLUDING THE CITIES OF...SUPERIOR AND DULUTH 1113 AM CDT SAT MAY 17 2008

 \ldots Wind advisory in effect from 1 pm cdt this afternoon to 5 pm cdt this afternoon \ldots

THE NATIONAL WEATHER SERVICE IN DULUTH MN HAS ISSUED A WIND ADVISORY. A NORTHEAST WIND OF 30 MPH...GUSTING AT TIMES TO 40 MPH WILL AFFECT SOUTHERN ST. LOUIS...CARLTON AND DOUGLAS COUNTIES THIS AFTERNOON.

VEHICLES CAN BE DIFFICULT TO CONTROL AT TIMES IN THESE WINDS. MOTORISTS SHOULD BE ESPECIALLY CAUTIOUS WHILE CROSSING BRIDGES AND OVERPASSES.

6. <u>Example 5 - Non Precipitation Dense Fog Advisory - UPDATE</u>.

WWUS45 KFSD 120845 NPWFSD

URGENT - WEATHER MESSAGE NATIONAL WEATHER SERVICE SIOUX FALLS SD 345 AM CDT TUE FEB 12 2008

.HIGH PRESSURE WILL EXTEND FROM NEBRASKA NORTHEAST INTO THE NORTHERN PLAINS EARLY THIS MORNING...AND WILL PROVIDE THE AREA WITH LIGHT WINDS. WITH THE SNOW MELT ACROSS THE REGION...PLENTY OF LOW LEVEL MOISTURE WILL BE AROUND. ABUNDANT LOW LEVEL MOISTURE AND LIGHT WINDS WILL COMBINE TO PRODUCE WIDESPREAD FOG ACROSS THE AREA...MUCH OF WHICH HAS BECOME DENSE.

IAZ001>003-012>014-020>022-031-032-MNZ080-081-089-090-097-098-NEZ013-014-SDZ059>062-065>071-121500-/O.CON.KFSD.FG.Y.0011.000000T0000Z-080212T1500Z/ BON HOMME SD-BUENA VISTA IA-CHEROKEE IA-CLAY SD-CLAY IA-COTTONWOOD MN-DAKOTA NE-DAVISON SD-DICKINSON IA-DIXON NE-HANSON SD-HUTCHINSON SD-IDA IA-JACKSON MN-LINCOLN SD-LYON IA-MCCOOK SD-MINNEHAHA SD-MURRAY MN-NOBLES MN-O'BRIEN IA-OSCEOLA IA-PIPESTONE MN-PLYMOUTH IA-ROCK MN-SIOUX IA-TURNER SD-UNION SD-WOODBURY IA-YANKTON SD-INCLUDING THE CITIES OF...BERESFORD...PONCA...WORTHINGTON...WINDOM... SLAYTON...PIPESTONE...LUVERNE...JACKSON...STORM LAKE...SPIRIT LAKE... SPENCER...SIOUX CITY...ROCK RAPIDS...ORANGE CITY...LE MARS... IDA GROVE...HAWARDEN...YANKTON...VERMILLION...SIOUX FALLS...PARKER... MITCHELL AND CANTON 345 AM CDT TUE FEB 12 2008

... DENSE FOG ADVISORY REMAINS IN EFFECT UNTIL 10 AM CDT THIS MORNING...

FOG HAS DEVELOPED OVERNIGHT...AND HAS BECOME LOCALLY DENSE WITH VISIBILITIES AROUND A QUARTER MILE. THE FOG WILL BEGIN TO DISSIPATE SHORTLY AFTER SUNRISE THIS MORNING.

IN ADDITION TO THE DENSE FOG REDUCING VISIBILITIES...FOG CONDENSING ON THE RELATIVELY COLD SURFACES CAN MAKE ROADS SLIPPERY.

THE FOG SHOULD SLOWLY DISSIPATE THROUGH THE MORNING HOURS AS SOUTHWESTERLY WINDS INCREASE.

IF YOU ARE DRIVING...USE LOW BEAM HEADLIGHTS AND REDUCE SPEED IN THE DENSE FOG. ALLOW FOR EXTRA TIME TO REACH YOUR DESTINATION.

APPENDIX B – HEAT INDEX CHART

								Rela	ative	Hum	idity	(in p	erce	nt)								
		0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
	140	125																				
	135	120	128																			
	130	117	122	131																		
	125	111	116	123	131	141																
	120	107	111	116	123	130	139	148														
	115	103	107	111	115	120	127	135	143	151												
Air	110	99	102	105	108	112	117	123	130	137	143	150										
Temp (in F)	105	95	97	100	102	105	109	113	118	123	129	135	142	149								
···· /	100	91	93	95	97	99	101	104	107	110	115	120	126	132	138	144						
	95	87	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136				
	90	83	84	85	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122		
	85	78	79	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102	105	108
	80	73	74	75	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88	89	91
	75	69	69	70	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79	79	80
	70	64	64	65	65	66	66	67	67	68	68	69	69	70	70	70	70	71	71	71	71	72

Heat Index	General Effect of Heat Index on People in Higher Risk Groups							
80 to 89 [°] - Very Warm	Fatigue possible with prolonged exposure and/or physical activity.							
90 to 104° - Hot	Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity.							
105 to 129 ⁰ - Very Hot	Sunstroke, heat cramps or heat exhaustion likely, and heatstroke possible with prolonged exposure and/or physical activity.							
130 ⁰ or higher - Extremely Hot	Heat/sunstroke highly likely with continued exposure.							